

# Adult 101: STRESS MANAGEMENT

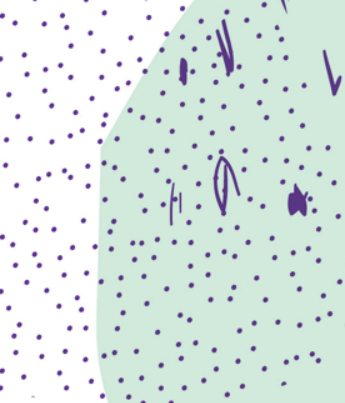
Learn to ease the squeeze

# What is Stress?

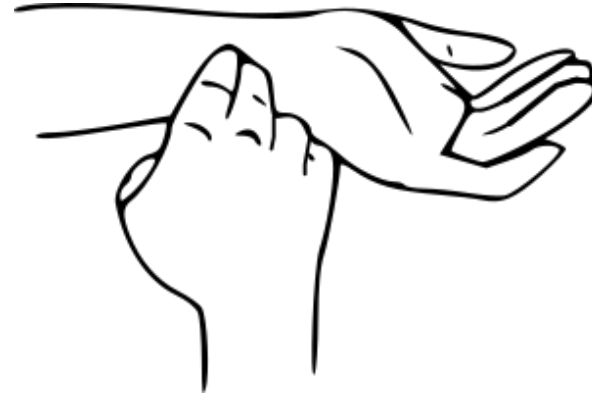


Stress is the way your body reacts to a difficult or intimidating experience





## Different Types of Stress



### **Acute Stress:**

- Feeling anxious or angry suddenly
- Tension headache
- Stomach problems
- Jump in blood pressure



# Different Types of Stress



## **Chronic Stress:**

This is a form of stress that can affect people everyday for years and years





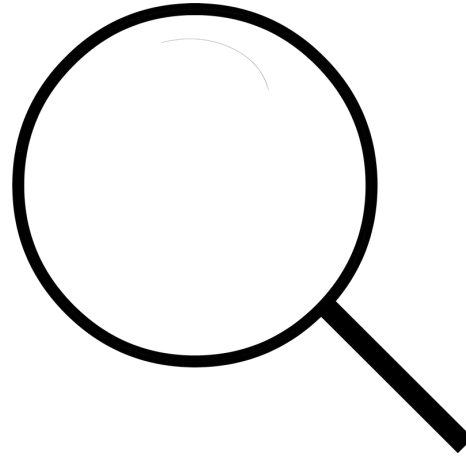
# What Can Cause Stress?

- Academic Stress
- Physical Stress
- Poor Self-Esteem
- Social Stress
- Stress Due to Family Problems
- Financial Stress
- Traumatic Events
- Drastic Changes in Life
- Peer Pressure





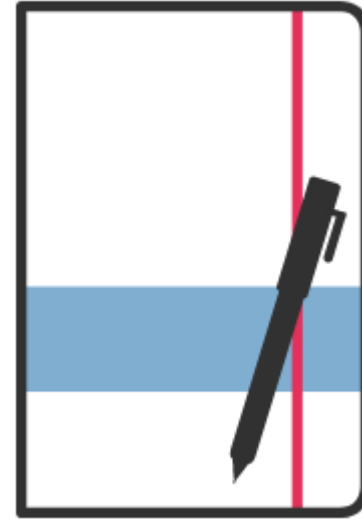
## How to Avoid Stress



- Identify the source of stress:  
Knowing and accepting what is causing your stress can help you take control and work through it.



# How to Avoid Stress



- Feeling stressed? Write it down in a stress journal:
  - Cause of Stress
  - How you Felt
  - Your Response
  - Remedy



# How to Avoid Stress

Replace unhealthy strategies with healthy ones...





# Unhealthy Stress Coping Strategies

Smoking

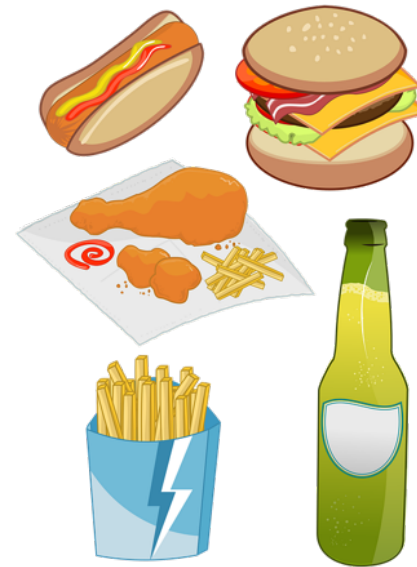


Using pills, drinking alcohol or drugs to relax

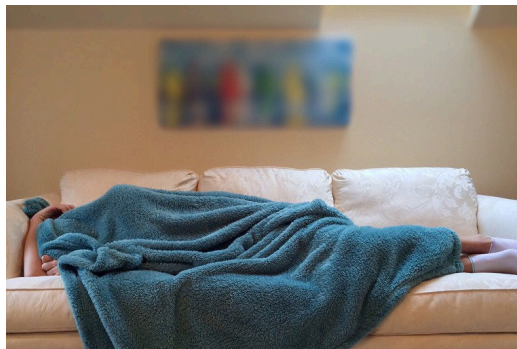


# Unhealthy Stress Coping Strategies

Bingeing on junk food




Sleeping too much



# Unhealthy Stress Coping Strategies

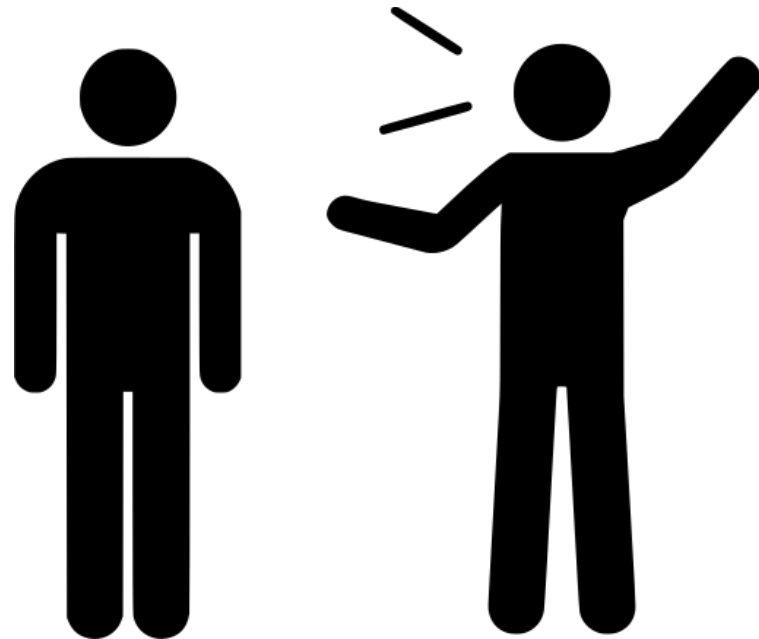
Withdrawing from friends, family and activities





# Unhealthy Stress Coping Strategies

Taking out your  
stress on others



# Unhealthy Stress Coping Strategies

Procrastination



# Healthy Stress Coping Strategies

Get Moving!



# Healthy Stress Coping Strategies

Maintain balance with  
a healthy lifestyle



# Healthy Stress Coping Strategies

Make time for fun and relaxation





# Healthy Stress Coping Strategies

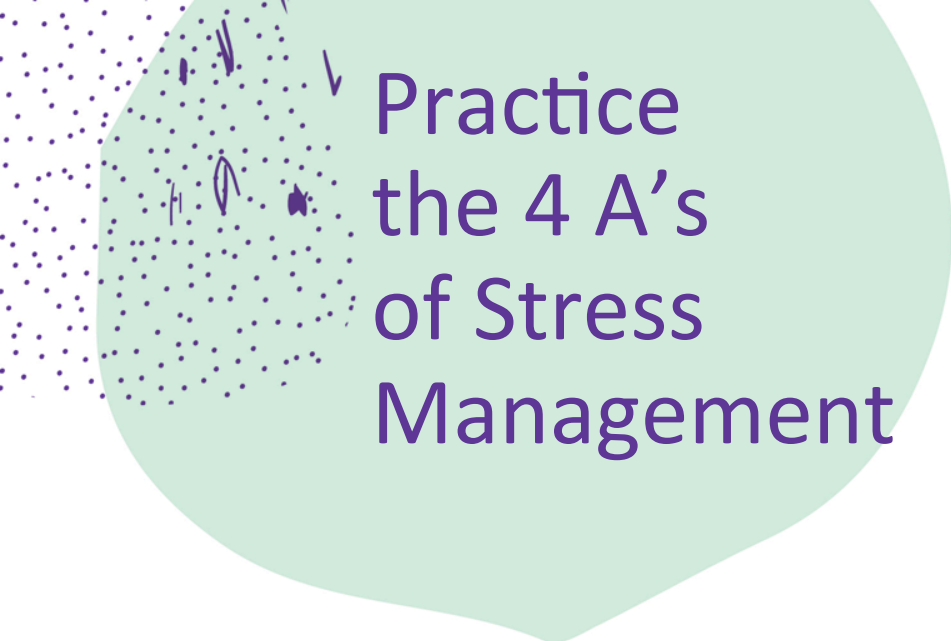
Manage your time better



# Healthy Stress Coping Strategies

Connect to others





# Practice the 4 A's of Stress Management

# A's

- Avoid Stress
- Alter Stressful Situations
- Adapt to Stressful Situations
- Acceptance



Now it's time for an activity!



Breathing Exercises!





ANY QUESTIONS?

